Common Sports Injuries among Male Cricket Players in Bangladesh

Purpose: To evaluate the common sports injuries among male cricket player. Objective: To identify the prevalence of sports injuries among the male player, to expose the injured participants age, training duration and to identify the common site and type of injury and treatment taken after injury.

Methodology: A quantitative cross-sectional study design was chosen to achieve the objectives of the study. 100 subjects were selected through convenience sampling technique from the injured male cricket player who trained in *Bangladesh Krira Shikkha Protishtan* (*BKSP*)& Bangladesh Cricket Board (BCB) by using a structural questionnaire to collect data.

Results: The result of the study demonstrates that, the peak age group was n=45 (45%) were between 18-20 years. The bowlers n=60 (60 %) are mostly affected by the injuries in cricket. According to the regional area shoulder injuries of the pain was n=40, (40%) in all shoulder injury n=25 (25%) had rotator cuff injury from the total participants. From the total player n=20(20%) Hand and finger injury most common was MCP injury 16%. Out of thigh and hip injury among the 100 cricketers only n=30 (30%) had groin pain. From the total n=20 (20%) had knee and leg pain, out of 100 cricketers. The most common n=71 (71%) had indirect injury/ overuse injury. This study presents among severity of injury had n=45 (45.2%) had moderate injury. Among the participant 98% (n=98) were regularly attend in warm up and cool down activity and the duration of warm up and cool down 54% (n=54) more than or equal 16 min. Heart rate was 70% (n=70) less than or equal 72. The finding a lso reflects that the treatment was consisting physiotherapy as frequent as drug (48 % n=48 taken physiotherapy, 16% ; n=16 taken drug and 36%; n=36 taken both).

Conclusion: The vulnerable age range 21-23 was frequent injury occurring among cricket player and noticeably flexibility and overuse are the key issues to cause of injury. Health education and perform regular physical activity along with physio therapeutic exercises can prevent injury.

Key words: Sports Injury–Male Cricket Players–BKSP–BCB.